



CALIFORNIA WorksWell

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A PUBLICATION FOR THE EMPLOYEES OF THE STATE OF CALIFORNIA

Checklist for Living With High Blood Pressure

- Don't be scared of high blood pressure. It can be treated.
- Do the simple things that your doctor suggests. Simple measures, such as losing weight or eating less salt, may produce good results.
- Don't go from one doctor to the next, looking for a quick, easy "miracle drug." Stick to one reliable doctor or clinic and follow through with your treatment plan.
- If you're on medication, be patient and don't stop treatment. If you have side effects, tell your doctor.
- Give yourself a chance to adjust to a drug. It may take several weeks, but the results usually will be worth it.
- Death rates from heart and blood vessel diseases, and stroke and kidney diseases have



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Magellan Assist

A New Employee Assistance Program Enhancement

AS STATE EMPLOYEES, we have a lot on our plates right now — California's budget shortfall, the economy, layoffs, workload increases, military deployment, the war in Iraq and the threat of terrorism in our country. It's no wonder that many of us are feeling anxious or uneasy about the situation and what may lie ahead.

Statistics show that more and more employees are seeking assistance through their confidential employee assistance program. Be it through a one-on-one counseling session with a behavioral health specialist or by reading articles that offer tips to cope with specific situations, employees are reaching out for help.

Your State of California Employee Assistance Program (EAP) offers two ways to seek services:

Magellan Assist

An Internet-based service providing information, tools, individual and family counseling information, and other resources to support employees and their family members with work, home and daily life needs. Specific topics include:

- Health and Wellness;
- Self-assessment tools on alcohol/drug abuse and depression;
- "Ask the Expert," a feature where employees have an opportunity to submit a question to an expert panel about a mental health, substance abuse or behavioral health concern;
- EAP Program Services;



- Balance Newsletter; and
- Suggested community resources.

Numerous and timely articles with tips on how to cope with job layoff and our current situation in Iraq can be found under the "Health & Wellness" link within the Magellan Assist site.

Magellan Assist is provided as a free service to State employees through our EAP benefit. You may find this new feature at www.dpa/MagellanAssist/main.ca.gov. To logon, select "New User." Type in the EAP toll-free number, 1-800-632-7422. From this window, you may register by following the directions provided, or you can access the Magellan Assist site as an unregistered guest by selecting "Continue Unregistered."

Individual Counseling

If you decide that you would prefer one-on-one counseling, you may access this State EAP benefit directly by calling 1-800-632-7422 (TTY line: 1-800-542-2833). A customer service representative from MBC will help you find an EAP counselor in your area.

Eating Healthy and Staying Fit to Control and Manage Diabetes

DIABETES IS A DISEASE that results in too much sugar (glucose) in the blood. Your body does not have enough insulin available to turn food into energy. High levels of glucose slowly damage your eyes, heart, kidneys, nerves, legs and feet. Diabetes is a serious disease affecting 16 million people in this country, and you may be at risk if you are overweight or do not exercise regularly.

Here are some steps you can take to create a healthy lifestyle and eat well to control and manage diabetes:

- Begin with a healthy eating plan. Healthy eating means eating more grains, fruits and vegetables, and less meat, sweets and fats every day. "Let the food be the medicine and medicine be the food" (Hippocrates).
- Be physically active every day to help prevent weight gain and improve blood sugar control.
- Check the sugar in your blood and take your medication every day if needed.

To create a healthy meal plan, you should do the following:

- Eat a variety of foods as recommended in the Diabetes Food Pyramid to get a balanced intake of the nutrients your body needs — carbohydrates, proteins, fats, vitamins and minerals.
- Make changes gradually because it takes time to accomplish lasting goals.
- Reduce the amount of fat you eat by choosing fewer high-fat foods and cooking with less fat.
- Eat more fiber by eating at least five servings of fruit and vegetables every day.
- Eat fewer foods that are high in sugar like fruit juices, fruit-flavored drinks, sodas and tea or coffee sweetened with sugar.
- Use less salt in cooking and at the table. Eat fewer foods that are high in



salt, like canned and packaged soups, pickles and processed meats.

- Eat smaller portions and never skip meals.
- Learn about the right serving sizes for you.
- Learn how to read food labels.
- Limit use of alcohol.

The Diabetes Food Pyramid is a general guide of what and how much to eat each day. It is similar to the Food Pyramid you see on many food packages. The number of servings needed every day is not the same for everyone, so a range of servings is given to ensure you get the foods you need for good health. If you have diabetes, a dietician can design a specific meal plan for you.

Follow a healthy lifestyle, eat healthy foods, and keep physically active to help control diabetes. If you have diabetes, be an active member of your diabetes care team: you, your doctor, dietician and other health care providers.

To learn more about diabetes, call 1-800-Diabetes or check www.diabetes.org. To learn more about the Department of Health Services, California Diabetes Control Program's statewide diabetes campaign, call (916) 445-8732 or check www.dhs.ca.gov/diabetes.

decreased significantly. This is probably due to earlier and better treatment of high blood pressure.

When it comes to preventing heart attack and stroke, your donations count. Your support helps the American Heart Association (AHA) continue to fund research projects and advance awareness of these important issues. The State Employee Heart Walk and Health Fair sponsored by DPA at the State Capitol in Sacramento will be held on September 4, 2003. Visit the AHA web site at www.heartsource.org for information on Walks scheduled throughout California in 2003, and plan to participate in an event near you. Or, contact your local AHA office for information on how you can organize your own worksite activities to increase awareness and help prevent heart disease and stroke.

The California WorksWell newsletter is available for purchase by State departments through a master agreement secured by the Department of Personnel Administration. If you would like information about purchasing, please contact:

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